

# Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Preschool Meal Patterns

Effective October 1, 2021

The U.S. Department of Agriculture's (USDA) [Exhibit A: Grain Requirements for Child Nutrition Programs](#), summarizes the ounce equivalents (oz eq) for nine groups (A-I) of grain foods. The chart in this document lists the Exhibit A oz eq for the preschool meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit in the preschool meal patterns.

The amount of a creditable grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a roll must weigh 28 grams (1 ounce) and a blueberry muffin must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is  $\frac{1}{4}$  ounce equivalent.

## Creditable grain foods

To credit as the grains component in the preschool meal patterns, grain products and recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran, and germ. Creditable foods include products and recipes that are enriched, whole grain, or whole-grain rich (WGR). Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are enriched, whole grain, WGR, or fortified. For additional guidance on creditable grains, refer to the Connecticut State Department of Education's (CSDE) resources, [How to Identify Creditable Grains for Preschoolers in the NSLP and SBP](#), [Crediting Whole Grains in the NSLP and SBP](#), [Crediting Enriched Grains in the NSLP and SBP](#), and [Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP](#).

## Using the ounce equivalents chart

This chart is used for commercial grain products and may also be used for recipes if the menu planner knows the **weight** of the prepared (cooked) serving. If the recipe does not provide this information, the average weight per serving can be determined by weighing several servings of the recipe (refer to the CSDE's [Yield Study Data Form for Child Nutrition Programs](#)). For guidance on determining the ounce equivalents contribution of a grain product or recipe, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#).

## Whole grain-rich (WGR) requirement

At least one serving of grains per day must be WGR. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. For additional guidance, refer to the CSDE's resource for the CACFP, [Meeting the Whole Grain-rich Requirement for the CACFP](#).

**Note:** Per USDA memo, [COVID-19: Child Nutrition Response #90: Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022](#), school food authorities (SFAs) that cannot meet the preschool WGR requirement during school year 2021-22 (through June 30, 2022) must request a waiver from the CSDE. For more information, visit the "How To" section of the CSDE's Operating Child Nutrition Programs during COVID-19 Outbreaks webpage.

# Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns

The required amount for ages 1-4 is  $\frac{1}{2}$  oz eq.

Group A	Oz Eq for Group A
Bread-type coating Breadsticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry ( <i>weights apply to bread in stuffing</i> )	1 oz eq = 22 grams or 0.8 ounce $\frac{3}{4}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{2}$ oz eq = 11 grams or 0.4 ounce $\frac{1}{4}$ oz eq = 6 grams or 0.2 ounce
Group B	Oz Eq for Group B
Bagels Batter-type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers, all shapes <sup>1</sup> Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells	1 oz eq = 28 grams or 1 ounce $\frac{3}{4}$ oz eq = 21 grams or 0.75 ounce $\frac{1}{2}$ oz eq = 14 grams or 0.5 ounce $\frac{1}{4}$ oz eq = 7 grams or 0.25 ounce
Group C	Oz Eq for Group C
Cornbread Corn muffins Croissants Pancakes Piecrust (only in meat/meat alternate pies) Waffles	1 oz eq = 28 grams or 1 ounce $\frac{3}{4}$ oz eq = 21 grams or 0.75 ounce $\frac{1}{2}$ oz eq = 14 grams or 0.5 ounce $\frac{1}{4}$ oz eq = 7 grams or 0.25 ounce
Group D	Oz Eq for Group D
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces $\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces $\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce $\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce
Group E	Oz Eq for Group E
French toast	1 oz eq = 69 grams or 2.4 ounces $\frac{3}{4}$ oz eq = 52 grams or 1.8 ounces $\frac{1}{2}$ oz eq = 35 grams or 1.2 ounces $\frac{1}{4}$ oz eq = 18 grams or 0.6 ounce

# Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns

The required amount for ages 1-4 is  $\frac{1}{2}$  oz eq.

Group F	Oz Eq for Group F
None (grain-based desserts do not credit) <sup>2</sup>	None
Group G	Oz Eq for Group G
None (grain-based desserts do not credit) <sup>2</sup>	None
Group H	Oz Eq for Group H
Barley Breakfast cereals, cooked <sup>3</sup> Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 oz eq = $\frac{1}{2}$ cup cooked or 1 ounce (28 grams) dry $\frac{1}{2}$ oz eq = $\frac{1}{4}$ cup cooked or $\frac{1}{2}$ ounce (14 grams) dry
Group I	Oz Eq for Group I
Ready-to-eat (RTE) breakfast cereals (cold dry) <sup>3</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1 $\frac{1}{4}$ cups or 1 ounce for puffed cereal 1 oz eq = $\frac{1}{4}$ cup or 1 ounce for granola $\frac{1}{2}$ oz eq = $\frac{1}{2}$ cup or $\frac{1}{2}$ ounce for flakes and rounds $\frac{1}{2}$ oz eq = $\frac{3}{4}$ cup or $\frac{1}{2}$ ounce for puffed cereal $\frac{1}{2}$ oz eq = $\frac{1}{8}$ cup or $\frac{1}{2}$ ounce for granola

<sup>1</sup> As a best practice, the USDA encourages preschool menus to limit sweet crackers (graham crackers and animal crackers) because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and snacks served.

<sup>2</sup> Grain-based desserts (excluding sweet crackers such as graham crackers and animal crackers) are not listed in this chart because they do not credit in the preschool meal patterns. Examples include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (e.g., cinnamon buns, Danish, eclairs, sweet buns, sweet rolls, and toaster pastries) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g., chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), and rice pudding. For more information, visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).

<sup>3</sup> RTE and cooked breakfast cereals must be whole-grain, enriched, or fortified; and cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP](#), and visit the USDA's webpage, [Choose Breakfast Cereals that are Lower in Sugar](#).

# Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns

## Resources

Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalculationSNP\\_ozeq\\_preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalculationSNP_ozeq_preschool.pdf)

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCreditingSNP.pdf>

Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCerealsSNPpreschool.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrainsSNP.pdf>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrainsSNP.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section4\\_Grains.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf)

Food Buying Guide Section 4: Yield Table for Grains (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section4\\_GrainsYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf)

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA webpage):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component for Preschoolers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains>

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/IdentifyCreditableGrainsSNPpreschool.pdf>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents>

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)

Menu Planning Guide for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf>

## Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Grains\\_Oz\\_Eq\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf)

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

– Completed Sample (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Example\\_Grains\\_Oz\\_Eq.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf)

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Resources for the Preschool Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ResourcesPreschoolMealPattern.pdf>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program;  
Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-child-and-adult-care-food-program-questions-and-answers-0>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/SP34\\_CACFP15\\_SFSP15-2019s.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/SP34_CACFP15_SFSP15-2019s.pdf)

Using Ounce Equivalents for Grains in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

Webinar: Exhibit A Grains Tool to the Rescue (USDA):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Webinar: How to Maximize the Exhibit A Grains Tool (USDA):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

# Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns



For more information, review the CSDE's guide, *Menu Planning Guide for Preschoolers in the NSLP and SBP*, and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainOzEqSNPpreschool.pdf>.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, [levy.gillespie@ct.gov](mailto:levy.gillespie@ct.gov).